



WLF-Training Solution

Evidence-based

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Co-funded by the
Erasmus+ Programme
of the European Union





Evidence-based management

Evidence-based

What does “evidence-based” mean?

Good-quality management decisions that are based on a combination of *critical thinking* and the *best available evidence*.

Evidence-based Practice

Evidence-based practice is about making decision through the conscientious, explicit and judicious use of the best available evidence from multiple sources by:

Asking

Translating a practical issue into an answerable question.

Appraising

Critically judging the evidence.

Applying

Incorporating the evidence in the decision-making process

Acquiring

Systematically searching for the evidence.

Aggregating

Weighing and pulling together the evidence

Assessing

Evaluating the outcome of the decision taken

To increase the likelihood of a favorable outcome.

Evidence-based Practice





Evidence-based WLF Training solution



WLF-Training Solution: evidence-based

Topics for the modules were chosen based on:



- WLF Survey results
- Literature review on WLF, Decent Work and health and well-being
- Learning from sharing professional experience
- Interviewing stakeholders

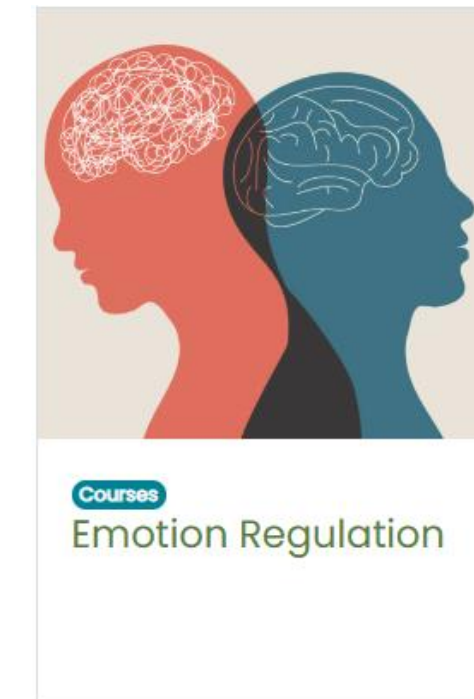


WLF development – evidence-based

We can work on **contextual resources** and **personal resources**.



Increasing contextual
resources



Increasing personal
resources

Pedagogical Model: evidence-based

Each module has standardized sections:

- **Learning objectives**
- **Content**
- **Pre-quiz and post-quiz**
- **Goal setting**
- **Reaction survey**



A Flexible Learning Solution

The learner can:

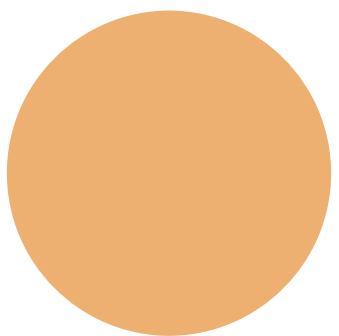
- Access modules as they please;
- Access recommended modules after their self-assessment

***This generates an individualized learning offer,
tailored to the individual's WLF needs.***





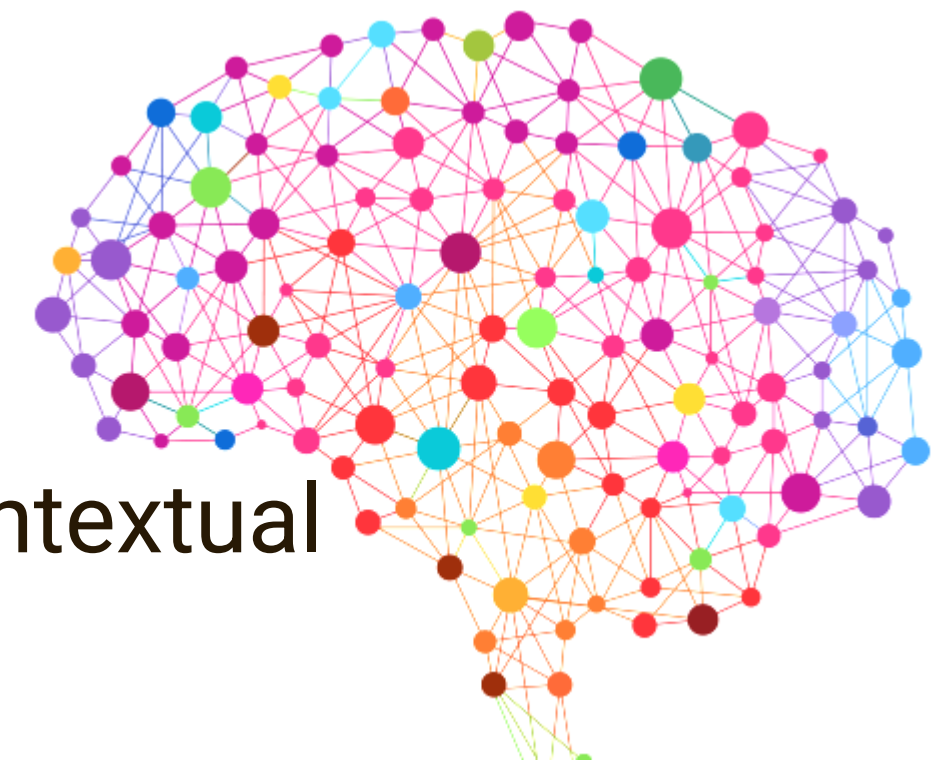
Learning principles of the WLF-Training solution



WLF-Training Solution - evidence-based

The learning principles:

- **Clear Focus.** Increasing resources on personal and contextual level
- **Problem-centered.** Modular and customizable training offers (based on assessment)
- **Simple.** Easily understandable content for non-academics
- **Relevant.** Clear relevance to a healthy Work-Life-Flow
- **Applicable.** Immediate implementation exercise to change individual behavior



WLF-Training Solution - evidence-based

Available courses



Course
Emotion Regulation



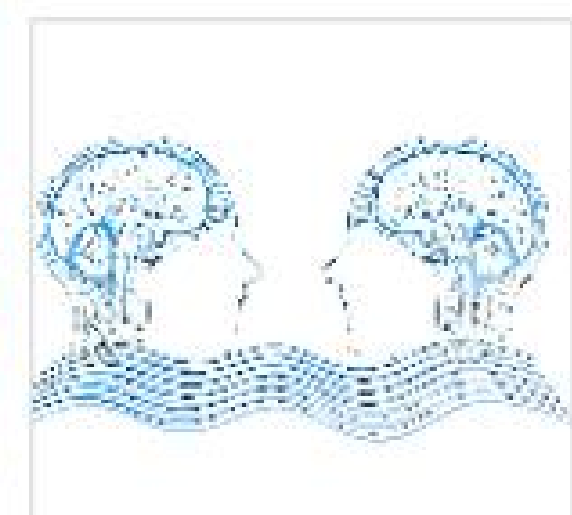
Course
Work Life Flow Policy
Literacy



Course
Physical health



Course
Creating a healthy
ergonomic
workspace



Course
Communication
and Empathy



Course
Principles of health
and safety at work



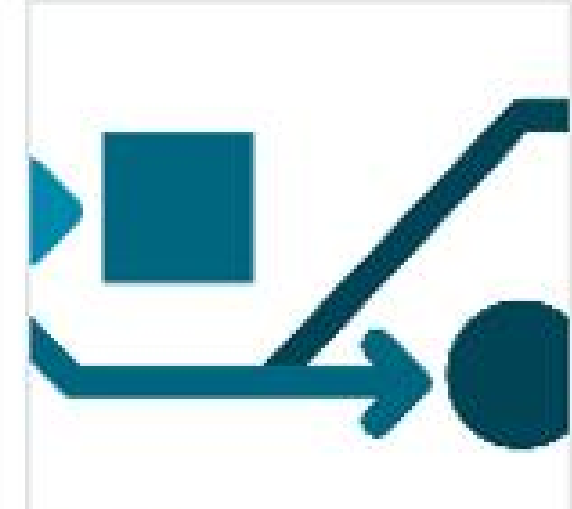
Course
Self - Reflection and
Self - Awareness



Course
Crafting



Course
WLF - Friendly
supervision



Course
Change, flexibility
and adaptability



Thank You

*In case of questions or comments,
please reach out to us!*

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<https://www.work-life-flow.eu/>